



GEMS Home Sustainability Checklist

Sustainable Element		Enter the # 1 in this column beside each element that is presently true	
A. Energy Conservation- Energy star rated equipment		True	Comment
1	Refrigerator ?		
2	Freezer?		
3	Oven?		
5	Dishwasher?		
B. Heat Transfer		True	Comment
2	Hot water pipes insulated?		
3	Oven is turned on and off just when needed?		
4	Items in refrigerator are consolidated as much as possible?		
5	Minimize opening of refrigerator-freezer doors?		
C. Water Conservation		True	Comment
1	Thaw food in refrigerator rather than under running water?		
2	Limit use of running water?		
3	Use low flow water saver spray nozzles?		
D. Waste Management- Recycle		True	Comment
1	Cans?		
2	Plastic?		
3	Glass?		
4	Cardboard?		
5	Aluminum?		
E. Waste Management- Food		True	Comment
1	Purchase food and kitchen supplies in bulk?		
2	Use recipes?		
3	Reduce food waste?		
5	Donate canned items close to expiration to food pantry?		



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F. Waste Management- Supplies		True	Comment
1	Use reusable china and utensils?		
2	Use plastic bags made from $\geq 10\%$ or recycled material?		
3	Use paper products made from $\geq 30\%$ recycled fiber?		
G. Compost: Waste Food & Supplies		True	Comment
1	Compost kitchen waste?		
H. Procurement: Food & Beverage		True	Comment
1	Reduce driving by walking or consolidating shopping trips.		
2	Shop at Farmers Markets?		
3	Cook most of your meals at home?		
4	Buy beef raised without hormone & non-therapeutic antibiotics?		
5	Buy certified organic items ?		
6	Purchase sustainably raised poultry?		
7	Serve sustainable fisheries menu items?		
8	Purchase rainforest alliance certified items?		
9	Use certified fair trade coffee?		
10	Use certified fair trade tea?		
11	Cook meatless entrees weekly?		
12	Serve less meat casseroles weekly?		
13	Serve fruits & vegetables in season?		
14	Grow your own food?		
Grand Total			
Checklist Completion Date			
Checklist Completed By			